

Not sure where to turn?



We're here to help.

The State of California's Employee Assistance Program offers face-to-face counseling, telephonic consultations and online tools for a variety of emotional health needs. We can help you:

- Address family issues
- Manage stress
- Balance work and life

Call us toll-free anytime:

(866) EAP-4SOC

(866) 327-4762

TDD callers, please dial: (800) 327-0801

Or visit: **<http://eap4soc.mhn.com>**
(access code: soc)

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